

Quinoa Turkey Chili

Ingredients:

- 1 cup quinoa, rinsed
- 3 ½ cups water, divided
- ½ pound lean ground turkey
- 1 large sweet onion, chopped
- 1 medium sweet red pepper, chopped
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- ½ teaspoon ground cinnamon
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (28 ounces) crushed tomatoes
- 1 medium zucchini, chopped
- 1 chipotle pepper in adobo sauce, chopped
- 1 tablespoon adobo sauce
- 1 bay leaf
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup frozen corn, thawed
- ¼ cup minced fresh cilantro

Directions:

1. In a large saucepan, bring quinoa and 2 cups water to a boil. Reduce heat; cover and simmer for 12-15 minutes or until water is absorbed. Remove from the heat; fluff with a fork and set aside.
2. Meanwhile, in a large saucepan coated with cooking spray, cook the turkey, onion, red pepper, and garlic over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the chili powder, cumin and cinnamon; cook 2 minutes longer.
3. Add the black beans, tomatoes, zucchini, chipotle pepper, adobo sauce, bay leaf, oregano, salt, pepper and remaining water. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.
4. Stir in corn and quinoa; heat through. Discard bay leaf; stir in cilantro.

Yield: 9 servings (2¼ quarts).

Nutritional Information: 1 cup equals 264 calories, 5 g fat (1 g saturated fat), 20 mg cholesterol, 514 mg sodium, 43 g carbohydrate, 9 g fiber, 15 g protein.

Diabetic Exchanges: 2 starch, 2 lean meat, 2 vegetable.

Recipe Source: I found this recipe in Taste of Home Healthy Cooking sometime last year.

Shared by: Rebecca A. Gellner

